

# Menu Pattern Requirements for the School Breakfast Program

## Traditional and Enhanced (Food-based menu planning)

- 8 ounces fluid Milk as a beverage **or** on cereal
- ½ cup Fruit **or** Vegetable **or** full-strength (100%) Fruit **or** Vegetable Juice
- One serving from each of the Grains/Breads\* and Meat/Meat Alternate\*\* components **or**

Two servings from either Grains/Breads\* **or** Meat/Meat Alternate\*\*

*\*A serving of grains/breads is 1 slice of bread, ½ cup, or 1 ounce.*

*\*\*A serving of meat is 1 ounce.*

- Offer vs. serve – may refuse one item from any component

## NuMenus (Nutrient-based menu planning)

- Appropriate age/grade groups are selected
- Meals meet nutrient standards when averaged over the school week
- At least three menu items are offered daily
- Fluid milk as a beverage is offered daily
- Offer vs. serve – may refuse one item out of the three or more required menu items

